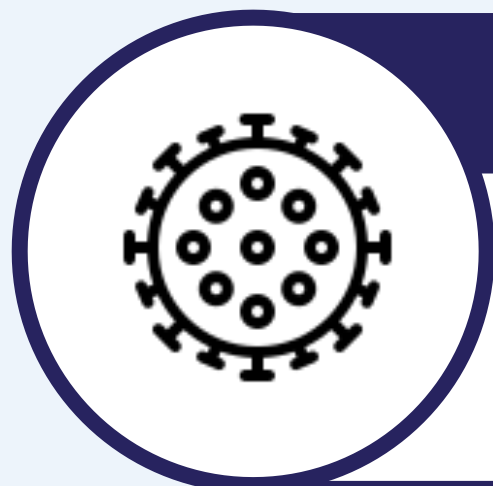


I-CPR YAWO WONKE UMUNTU

ESIMWENI SE-COVID -19



IZINGOZI

Hlola ukuthi indawo iphephile ngaphambi kokusondela kumuntu
Gqoka noma yimaphi ama-Personal Protective Equipment (PPE) akhona



SAWUBONA

Uphapheme

Lapho uqhelise ubuso bakho kakhulu kangokunokwenzeka, mthintse kakhulu umuntu ehlombe futhi umemeze: "Ukahle?"

Ukuphefumula

Hlola ukuze ubone ukuthi umuntu uyaphefumula yini ngokubuka nje kuphela ukubhakuza kwesifuba
Ungabubeki ubuso bakho noma isandla eduze komlomo womuntu ukuze uzwe ukuphefumula

Shaya Ucingo

Shaya ucingo uma umgilwa engaphenduli futhi engaphefumuli noma ebefuzela, cela usizo ne-AED



USIZO

Shayela u-112 noma i-ambulensi yendawo

Ingabe uke waba seduze kakhulu noma wahlala nalo muntu?

YEBO

CHA

Ingabe umuntu ubonise izimpawu noma izinkomba ze-Covid-19 ngaphambi kokuba awe?

CHA

YEBO

Qiniseka ukuthi uyigqokile i-PPE ekhona ngisho noma lokhu kusho ukungayiqalisi ngokushesha i-CPR

Goqa ithawula, ingubo noma into efanelekayo izikhathi ezingu-3 bese ulibeka phezu komlomo nekhala ukuze usize ekunciphiseni ingozi engenzeka yokuthetheleka nge-Covid-19

UKUPHAMPA ISIFUBA Qala i-CPR ngokucindezela isifuba izikhathi ezingu-30

UKUPHEFUMULELA Uma uzimisele, uqeqeshiwe futhi ukwazi ukukwenza, cabangela ukwenza ukuphefumulela kokuhlangula kabili Ukuphefumulela kokuhlangula kubaluleke ngokukhethekile ekuhlanguleni izingane nezinsana

Qhubeka 30:2 kuze kufike usizo

I-AED Sebenzisa i-AED ngokushesha nje lapho isikhona Yivule bese ulandela iziyalezo ezinikezwa ngezwi

Cindezela isifuba ngokuphindaphindiwe kuze kufike usizo (I-CPR Eyenziwa Ngezandla)

Zamani ukuthi abahlanguli bashintshane okungenani njalo emizuzwini engu-2 noma ngemva kwemijikelezo engu-5, ukuze kugwenywe ukukhathala komhlanguli

Ukuphefumulela akutuswa ngenxa yengozi engenzeka yokuthetheleka nge-Covid-19